

Quitting and Your Body

Within...

20 Minutes...

This happens...

- Your vital signs such as blood pressure, pulse, and body temperature, which were abnormally elevated by nicotine, return to normal. *Persons taking blood pressure medication should continue doing so until told otherwise by their physician.*

8 Hours...

- Your body starts to heal itself. Carbon monoxide and oxygen levels in your blood return to normal.

24 Hours...

- Your chance of having a heart attack goes down.

48 Hours...

- Nerve endings start to regrow. Your ability to taste and smell improves.

72 Hours...

- Your breathing passages (bronchial tubes) relax, lung capacity goes up, and your breathing becomes easier.

2 Weeks to 3 Months...

- Your circulation improves and your lungs become stronger, making walking easier.

1 to 9 Months...

- The lining (cilia) of your lungs begins to regrow, increasing the ability of your lungs to handle mucous, to clean themselves, and to reduce infection. Coughing, sinus congestion, fatigue, and shortness of breath decrease. Your overall energy level increases.

5 Years...

- Your chance of dying from lung cancer goes down by almost 50 percent. The lung cancer death rate for the average smoker goes down from 137 per 100,000 people to 72 per 100,000 people.

10 Years...

- Your chances of dying from lung cancer decrease to about the same level as for nonsmokers. The average rate of death from lung cancer for nonsmokers is 12 per 100,000. Additionally, your chances of getting cancer of the throat, bladder, kidney, or pancreas also decrease to the average rate.

Source: American Cancer Society; Centers for Disease Control and Prevention